

# DINNERLY



## Knife-and-Fork Pork Meatball Subs with Spinach and Crunchy Seeds



35 minutes



2 Servings

Piled with juicy pork meatballs and dripping with rich tomato sauce, these open subs are best tackled with cutlery. If you prefer to use your hands, you can fill them instead, then roll up your sleeves and dive in.

## WHAT WE SEND

- pork mince
- 5g Italian seasoning <sup>17</sup>
- 20g sunflower seeds
- 400g diced tomatoes
- 2 sourdough baby baguettes<sub>1,6</sub>
- 50g baby spinach leaves

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 2 tbs tomato paste
- 2 tsp honey
- 2 tsp red or white wine vinegar <sup>17</sup>

## TOOLS

- medium deep frypan with lid
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 765kcal, Fat 36.5g, Carbs 62.8g, Proteins 41.9g



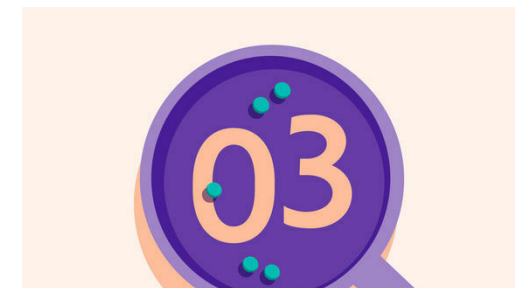
### 1. Roll meatballs

Preheat the oven to 180C. Crush or finely chop **2 garlic cloves**. Put the garlic, **pork mince** and **half the Italian seasoning** in a bowl and season with **salt and pepper**. Using damp hands, combine well, then shape into walnut-sized balls.



### 2. Brown meatballs

Put the **sunflower seeds** in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Heat **2 tsp olive oil** in the pan over medium heat. Cook the **meatballs**, turning occasionally, for 4-6 mins until browned.



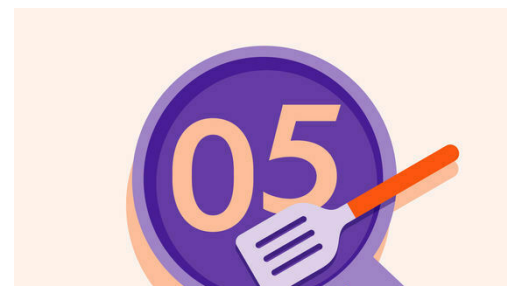
### 3. Simmer sauce

Add **half the tomatoes\***, **remaining Italian seasoning**, **2 tbs tomato paste**, **2 tsp honey** and **60ml (¼ cup) water** to the meatballs. Bring to the boil, then reduce the heat to medium, cover and cook for 8 mins or until the meatballs are cooked through and the sauce is slightly reduced. Remove the pan from the heat. Taste, then season with **salt and pepper**.



### 4. Warm baguettes

Meanwhile, cut the **baguettes** in half (see Make it yours). Put on an oven tray, cut side up, and bake for 8 mins or until crusty.



### 5. Serve up

While the baguettes are baking, put **1 tbs olive oil** and **2 tsp red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **spinach** and **sunflower seeds** and toss to combine. Divide the **baguettes** among plates and top with the **meatballs and sauce**. Serve with the **spinach salad** and knives and forks, if using. Enjoy!



### 6. Make it yours

Want to ditch the cutlery? Cut a slit lengthwise down the middle of each baguette, taking care not to cut all the way through. Bake and then fill with the meatballs and sauce.